



Put Life Back in Your Life!



HEALTHIER LIVING

MANAGING CHRONIC CONDITIONS

SESSION OUTLINE

Week 1:

- Workshop Overview/
Differences between Acute and
Chronic Conditions
- Group Intros - Identifying
Common Problems
- The Mind-Body
Connection/Distracted
- Getting a Good Night's Sleep
- Introduction to Action Plans

Week 2:

- Feedback/Problem-Solving
- Dealing with Difficult Emotions
- Introduction to Physical Activity and
Exercise
- Preventing Falls/Improving Balance
- Making an Action Plan

Week 3:

- Feedback/Problem-Solving
- Making Decisions
- Pain and Fatigue Management
- Endurance Activities
- Relaxation: Body Scan
- Making an Action Plan

Week 4:

- Feedback/Problem-Solving
- Better Breathing
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan

Week 5:

- Feedback/Problem-Solving
- Making Health Food Choices
- Medication Usage
- Making Informed Treatment
Decisions
- Depression Management
- Positive Thinking
- Making an Action Plan

Week 6:

- Feedback/Problem-Solving
- Working with Your Health Care
Professional and the Health Care
System
- Weight Management
- Looking Back and Planning for
the Future